



## Areola Tattoo Aftercare

- Tonight remove your tegaderm/tegaderms around 9pm-10pm. Get into the shower, and just allow the warm water to rinse the tattoo.
- When you get out of the shower, towel dry the breast not the tattoo.
- Let the tattoo air dry for about 3 minutes (no longer)
- Make sure the breast skin is dry then apply the new tegaderm/tegaderms. Please do not cut them as they will need to last for a week.
- Wear the new tegaderm/tegaderms for an entire week.
- You may shower with the tegaderm/tegaderms but you cannot submerge.
- No bathtubs, pools, hot tubs, swimming etc.
- On the 6th night you may take the tegaderm/tegaderms off and get into the shower.
- Wash you tattoo gently with a gentle soap using your hands.
- When you get out of the shower, towel dry then sit topless for 1 hour, so the tattoo can completely dry out.
- If you have any scabs remaining , DO NOT pick at them and allow them to fall off on their own.
- On day 10 if the tattoo is still dry and scaly, you may start using the after inked moisturizer provided to you. DONOT use any anti-aging ingredients.

If an allergic reaction should occur, please contact your care physician.

Should you have questions, please call Valerie Phillips at 319-936-4463